VEN. PALTUL RINPOCHE

CREATING HAPPY FAMILIES LOVING UPBRINGING - NATURAL NUTRITION THE ANCIENT TIBETAN ART OF HEALING & MODERN WESTERN MEDICINE



Ven. Paltul Rinpoche

Dr. med. Susanne Dutzki

Creating Happy Families

Loving Upbringing - Natural Nutrition

The Ancient Tibetan Art of Healing
&
Modern Western Medicine

Book

For the first time, the ancient healing knowledge of Tibetan medicine and the knowledge of modern Western medicine are displayed together in this book. It's amazing to read or understand about how many similarities exist in addition to the differences of both systems.

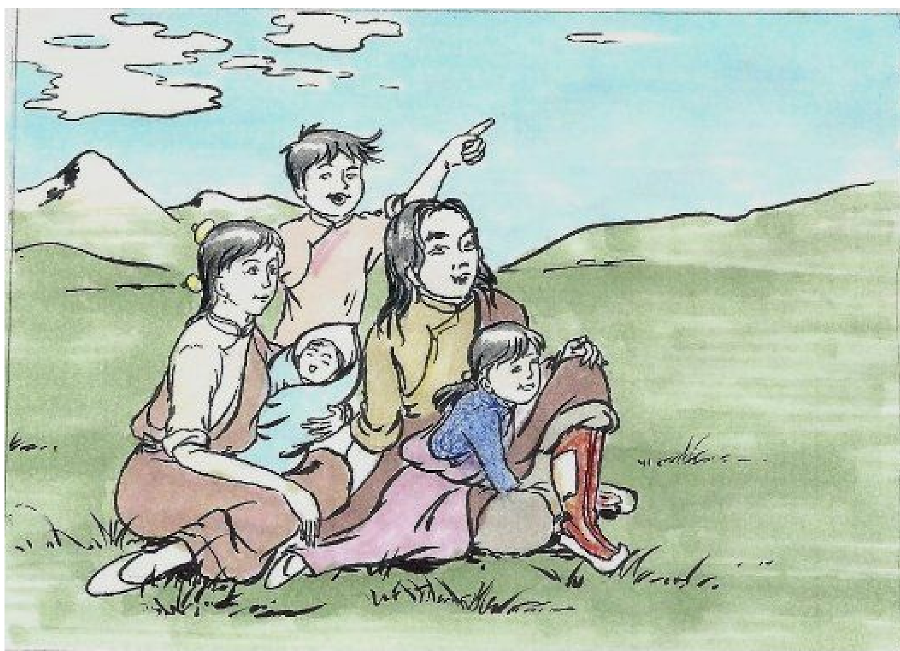
May all the children of the world and their parents reach happiness and the cause of happiness.
May they be free from suffering and the cause of suffering.
May all the world's children and their parents be happy and safe. May their hearts be filled with joy, and may this book contribute towards it.

Authors

Ven. Paltul Rinpoche, born in 1962, is married and has three children. He was born into a nomadic family in the vicinity of the Palkey Lachen monastery in Nangchen County, East Tibet. At the age of twenty, he was ordained as a monk in this monastery.
Ven. Paltul Rinpoche received his medical training from the famous Tibetan doctor Ven. Yonten Phuntsok, who holds an unbroken lineage in Tibetan medicine. For many years he worked as Ven. Yonten Phuntsok's personal assistant. Eventually, the 17th Karmapa Ogyen Trinley Dorje asked Ven. Paltul Rinpoche to move to the West and to spread the precious science of Tibetan medicine to the Western people. He was also asked to build up a dialogue with modern Western doctors, thus benefiting all sides of it. He has been living in Queens, New York with his family since 2001.

Susanne Dutzki, M.D., was born in 1960**,** had studied medicine at the University of Mainz and was licensed as a medical doctor in 1985. She completed her specialist training in Child and Adolescent Medicine in 1994 in Wiesbaden. In 2001, after having worked in the pediatric cardiology department of the University Hospital Hamburg, she established her own practice as a specialist in child and adolescent medicine in Norderstedt near Hamburg.

In 2001 Ven. Paltul Rinpoche and Dr. Susanne Dutzki met in Hamburg, Germany. Since then they have exchanged their knowledge on the different medical systems.



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Introduction

Happiness can not be taken for granted, but happiness can be learned.

How does family happiness develop?
What can parents do in order to allow their children a happy life?

The happiness of the parents with the mental and physical development of their children is of decisive importance here.

Parents can influence their children to develop conducive mental and physical. A loving upbringing of the children of all ages are, to respond their need harmoniously, psychological maturity, as well as, an appropriate natural nutritions, great important.

Ven. Paltul Rinpoche, meditation master and abbot of a Tibetan monastery and also a Tibetan Medicine doctor, and Susanne Dutzki, MD for pediatrics, give practical advice from their longterm experience with healthy and sick children and their parents.

Many illnesses and problems of children as well as the suffering connected with that can be prevented, if only some simple knowledge about nutrition and up-bringing suitable for children are considered. Children's needs change with age and this concerns up-bringing and nutrition.

Relating to food, western academic medicine takes into consideration the percentages of carbohydrates, proteins and fats as well as vitamines, micronutrients and calories. Pediatrics and children's psychiatries are concerned with the healthy and pathological development of the children's body and psyche from the time of birth until adolescence.

The Tibetan teachings on nutrition describe, in a unique way, a complex dynamic interdependency between the human mind, body, nutrition and the outer circumstances of life.

Tibetan Medicine is a wholistic approach based on the philosophy, psychology and cosmology of the rational Buddhism. Here a positive mental attitude is very important especially when dealing with children.

In this book, ancient Tibetan knowledge of healing and findings of modern western medicine will be presented parallelly for the first time, with the aim of enabling families to benefit as much as possible from that.

Chapter 1

Tibetan Medicine

History

Tibetan Medicine or translated more elaborately - the Aquamarine Light of the Eight Branches of the Science of Healing - is one of the main fields of knowledge of Tibet, but outside of Tibet this unique medical system was not recognized very much up to now.

The Tibetan science of healing has a history which goes back 2500 years. The Buddha himself developed an Indian-buddhist medical system. This art of healing contained a holistic view of mind and body as well as to influence ways of influencing the body through nutrition, way of life, seasonal and climatic conditions.

This rich heritage was introduced transferred to Tibet . Some aspects of the old Indian Ayurveda, of traditional Chinese Medicine, of an archaic Greek-Persian Medicine, and of an old Tibetan Bön Medicine were integrated into this system.

What is special about Tibetan Medicine is that it is transmitted through an unbroken lineage from teacher to student. From today's Tibetan doctors, this lineage can be traced back to the year 274 A.D. in an unbroken way. Therefore Tibetan Medicine is most likely one of the oldest heritages of mankind.

The first medical university in Tibet with a standardized study curriculum, including medical textbooks and exams, was founded by the famous Tibetan doctor Yuthok Yonten Gompo in the year 708 A.D.

General foundations

Tibetan Medicine teaches that on the most subtle level mind and the five cosmic elementary forces, which merge into each other, and are inseparable. The five physical forces that constitute matter are: earth, water, fire, air and space. The human organism is, therefore, an entity made of mind and matter or mind and body respectively.

It is explained that between body and mind, there is a strong mutual interdependency. Tibetan Medicine knows three basic kinds of processes in the entity of mind and body which are development, degradation (or decomposition) and transporting processes. These processes have to be functioned in a correct and balance way because they change during our life.

Methods of treatment

Methods of treatment consist of nutrition, behaviour and way of life appropriate to the individual. Natural remedies extracted from plants, stones and minerals are supplemented by therapies like packings, bathing in medical herbs, massages, acupuncture, blood-letting, moxibustion, Gold Hammer/Gold Needle Therapies etc.

The unity of mind and body is a very sensitive organism, therefore healing methods should be applied slowly and in a gentle manner. If the processes of mind and body are out of their dynamic state of balance, one first tries to bring them back to balance by changing diet and way of life. If this does not help, medicines derived from plants and minerals are prescribed in addition to that. Further supplementary therapies are possible.

Tibetan pharmacology is still an esoteric doctrine today, which has been passed on orally from the teacher to the student for hundreds of years. Most healing plants come from the higher Himalayas and for their collecting, drying and mixture, a great deal of experience is necessary, studying old medical texts only is not sufficient.

The pills consist of 5 up to 35 or even 80

different herbs, and additionally there may be metals, mineral salts, precious stones or semi precious stones in them. The production of the pills is a religious ritual.

General advice on nutrition

Proper nutrition and appropriate behavior can prevent illnesses and their breakout respectively.

If one is ill, then the disease can be attenuated through adjusting nutrition and behavior.

Every human being has basic individual constitution or energetic disposition.
This means that there is no single correct nutrition. The nutrition of a person has to be adjusted individually and should be without prejudices.

Food and drink consist of the five elementary forces just like the human body.
According to Tibetan Medicine, it is of primary importance that we take in an appropriate diet.

Because our metabolism is adjusted to our environment, local and seasonal products instead of exotic products are to be preferred.

In this context, the power of our digestion processes or our heat of digestion (sometimes also called fire of life) plays an important role. This heat of digestion is the basis for the whole heat regulation of our body as well as the digestion process itself.

Important

Heating makes raw and cold food more easily digestible, or in other words: warm food enhances digestion, warms the body from within and prevents colds or flues in the cold season or can at least reduce their number.

Note: Cooking turned us into humans

The anthropologist Richard Wrangham and the evolutionary biologists Chris Organ and his team at Harvard Univerity found out that mankind discovered cooking 1.9 millions of years ago. Cooked food is digested easier, more fertile and faster, it saves time with chewing and digesting, the amount of energy taken out of the food is higher, the body mass index increases and the brain can develop in a better way.The discovery of cooking is therefore seen as a prerequisite for the development of the homo sapiens. The longterm survival and the special development of the human species would most likely not have been possible with raw food alone.

In western industrialized countries, it is a widespread belief that if one cooks vegetables or if one doesn't eat raw food, one does not take in enough vitamins. This is not true according to Tibetan Medicine. Vitamins can only be absorbed properly if the gastrointestinal tract works well and is not disturbed.

In addition to that, raw food contains more germs which can cause illnesses.
Also food chemists in Germany, meanwhile, caution against eating too much raw food because of the pollution with germs. Being abroad, we would not eat fruits which are not peeled or raw salads, why

do we believe that these foods bear less germs in our home country? Meanwhile, a lot of gastrointestinal illnesses are caused by raw food.

One should be, especially, cautious about giving raw food to the children because of lesser gastrointestinal tract to defend itself against germs.

“Life-fire”

The digestive heat has the following functions: It separates postprandial nutrients from waste , and it also ensures that the intestine only takes in food which is sufficiently digested. After digestion, it gets all excessive and indigestible stuff out of the digestion area. It increases the body components and power, of the body**,** which take*s* care of good skin colour, clear vibrancy and the body heat.

Basic rules for nutrition

Every human being has his or her individual arrangement of body energies and elements, which also changes during life. During childhood, i.e. from birth until the 15th year of life, building-up metabolic processes are dominant. These building-up processes should be run in a balanced way and they should be supported by the right nutrition and not to be disturbed.

Important for children:
No old food, not too much sweet, no sour, not much raw food, relaxed atmosphere during the meal

According to the Tibetan teachings on nutrition, it is detrimental for the child's organism if nutrition is too much based on sweet foods because this does not fit with the child's energy system. A too sweet way of nutrition has many disadvantages and brings forward many illnesses. The most important disadvantage is that the development of the brain is disturbed and intelligence is getting less sharp.

Children should not eat old food which is difficult to digest and disturbs the digestive heat. Old food is instant meals and food which is kept warm for a long time. Instant meals are, for instance, baby milk powder and baby meals in glasses. Baby milk and children's food in kindergartens and schools should always be prepared freshly.
For children with their dominant building-up processes, sour food such as gherkins, pickles etc. is not suitable. These kinds of food affect all parts of the body. Especially,children with skin diseases should renounce everything sour.

Even if one takes the view of western medicine as basis, the only sour place in the human body is the stomach, apart from that the whole body is alcaline. Too much sour food can not be neutralized. The children's metabolism has only a small buffering ability, and therefore, can only cope with very small amounts of sour food.

You should not eat too much raw green salads. Green salads are difficult to split up and weaken the digestive heat. This is especially true for children.
If you want to eat raw salad, you should eat it before the main meal at lunch time. The supposedly light salad before dinner should be avoided completely. It does not get fully digested and then ferments in the intestine. This fermenting process is a burden for the whole metabolism and it unnecessarily strains the liver.

A nutrition mostly based on raw food over a long time can cause severe diseases of the liver. On top of that, too much raw food can result in an increase of blood lipids and cause heart diseases,too.

Nutrition based too much on potatoes, pork and beer can causes diseases of the kidneys.

Enough liquid is imperative for the digestion process as well as for a good bowel movement and the body's detoxification. Tibetan Medicine recommends warm water or herbal teas as a substitute. Most

of the liquid should be drunk during or after the meal. If one wants to lose weight, one should drink most of the liquid before the meal.
Please do not drink cold drinks before, during, or after the meal because this leads to unnecessary strains of the digestive heat. Especially ice-cream as a desert should be an exception. If you do not want to renounce ice-cream all together, it should be eaten between the meals in the warm season.

Another basic rule of the Tibetan teachings on nutrition is that the stomach should be filled half with solid food, a quarter with liquid and one quarter of the stomach should stay empty per meal.

It is very important to chew thoroughly**,** if possible until the food gets to the state of liquid in the mouth which means it is well mixed with saliva. Saliva is the first point of our digestion. Here the first splitting up of the food takes place and this relieves the load on the digestive heat.

One does not eat new food until the first meal is completely digested. Otherwise, the digestive heat and all organs are strained unnecessarily.

It is best to eat the food not too warm, luke warm is better. The body needs more warm food in winter than in summer. Please take care of regular meals during the day, the biggest warm meal should be eaten at lunchtime.

Calmness and enough time during the meals ***are very important***.
Avoid eating while walking because this eating habit causes unnecessary stress which you should not put upon yourself.

When eating together with others, a positive conversation is very important, only nice and pleasing things should be discussed. Laughing is allowed and desired. Avoid unpleasant and heavy topics.

If you eat on your own, think about positive and agreeable things. This also means that you should not expose yourself to negative radio or television programs while eating. Emotional and mental impressions during a meal influence body processes to an extent which should not be underestimated.



Nutrition in the western industrial countries
causes a bad digestive heat because the way of nutrition is not in accordance with the individual body energies. This can be seen increasingly also in Asian countries.

A lot of food, especially instant meals, is only filling material instead of food that can be utilized by the human organism according to Tibetan Medicine. With artificial cheese, too much white sugar, many flavor enhancers and preservatives, it is only filling the stomach. On the long run, it disturbs the digestion processes and leads to an imbalance of the elementary processes in the body and influence our physical and mental well-being in a negative way.

If you consider that our metabolism has developed over thousands of years and that artificial food supplements exist only for about sixty years to this extent in our food, this is easily understood.

The quality of food and their amount of energy which can be used by the organism in an easy way depend also on the manner of production and the transport conditions. Unsuitable or too long transport and bad conditions of production lead to an insufficient quality of the food. Artificial fertilizers in agriculture, antibiotics in stock-breeding, intensive mass animal farming, which leads to permanent stress, anxiety and many pain reactions of animals, influence the energetic value of food in a very negative way.

A good digestive heat or a good life fire should be taken care of:

1 an outstanding plant for activating the digestive heat is the pomegranate, a little bit of pomegranate juice can be given from the eighth month of life
2 also suitable is cooking a little bit of fresh ginger for 20 minutes and then adding a tiny bit of salt, which can be given from the eighth month of life
3 drinking warm water with the meal
4 stewed vegetables
5 only little sweet food
6 eating not too much at a time and not too often

Generally, one can say that the clearer and simpler the flavor of food, the clearer also the energy that is available.

If you imagine the different ingredients of the food as different information the body has to deal with, then a simple nutrition does not lead to over information or excessive demands on the body. The digestive heat can be relieved from stress through a simple combination of ingredients.

Important

The human body consists of five elements, and food consists of the same five elements.

The sophisticated Tibetan Medicine of nutrition is based on the dependency of the elements of the body, on the elements of the food, or in other words on the dependency of the body on the potency and energy of the food.

Seasonal fresh food from the region, freshly cooked and arranged in a loving way fit our metabolism and energy system in the best way. If you drink lukewarm water with it and eat in a pleasant atmosphere, then the elementary processes have a soothing effect on the human body.

This is especially important for babies and toddlers because their metabolism is very fragile and easily thrown out of balance. Also the regulation of the body temperature of babies and toddlers is sensitive. With cold they get cold more easily and with heat they overheat more easily than older children or adults. The body temperature is usually between 36.5 and 37.5 ° Celsius, when they take in too warm or too cold food, their regulation of warmth, digestion and the balance of their metabolism are disturbed.

A pap or food lovingly prepared by yourself is more valuable for them than a quickly warmed glass of baby food or instant meal.

Up-bringing

The mental attitude of the mother during the pregnancy would influence the development of the unborn child. These are the best prerequisites for a development of the unborn child such as the child is welcome, a mother of a child is happy, and have no stress.

Mother and father are equally responsible for making the pregnancy a relaxed experience. Here it should not be important whether a boy or a girl was conceived, human life is always precious and both sexes are of equal value.
The up-bringing which leads to a happy, autonomous human being begins from the moment of birth. A patient and loving way of treating the child by the mother is very important. The mother should always laugh and talk much with the newborn in a pleasant way.

The child's mind is not imprinted when being born, it is open in all directions and like a blank sheet of paper on which an individual life story is written.

The parents are the first teachers who leave the first imprints in the child's mind. Positive and negative imprints through the parents are internalized, therefore it is so important to treat the child with love and care from the very beginning.

It is very important that children do not sleep alone but together with the parents especially the mother. Sleeping alone negatively affects the child's development, they feel unprotected when they do not sense the closeness and feeling of security provided by their parents. The development of a positive inner strength is affected negatively.

From the 3rd to 6th year of life, it is best if the child sleeps in the room of his/her parents in his or her own bed. From the 7th year of life the mental development of the child is advanced enough that he/she can sleep in a separate room.



If a child does something wrong or does not behave as desired, one should not beat the child, this would lead to negative imprints and hurt the self-perception of the child. With a calm and firm voice the fault is explained, the correct behavior is exemplified by the parents' behavior and practiced with the child. Especially with small children, many daily repetitions are necessary, it will sometimes take 5,000 to 10,000 times until something is understood correctly.

Only repeated practice leads to success so that the desired behaviour is internalized.

For a child everything is new. Please think about the fact that also for adults, it takes many repetitions if someone learns something new until the new thing is completely understood and well practiced.

Try to treat your child in a good way. When you make mistakes, this is not a catastrophe because nobody can always do everything a hundred percent correctly. Show your child that you are sorry and make amends for it. Children naturally love their parents even if they make mistakes.

A strong stable personality that is able to deal with the challenges of our time in a calm way is developed through a patient and loving up-bringing by the parents.

Figuratively speaking, in order to grow a beautiful flower from a seed, the combination of good, moist soil, warmth and sunlight is necessary. The soil represents the good nutrition. Warmth and sunlight represent the love and care of the parents.

If someone has learned contentment and a good way of treating oneself, this person also develops the personality which is able to treat others in a good way. One should learn to take care of oneself and others in a good way, for body as well as mind.

Smoking

Smoking is particularly damaging to the children's and youngster's stability of attention and intelligence. Even for adults and elders, smoking leads to damage of the subtle inner channels, blood vessels and nerves. It is highly advisable, therefore, to abandon smoking altogether.

Important

The child's mind is open in all directions, it has not been imprinted yet. The first imprints are made by the parents, especially if they speak with the child in a loving way.

Before the 3rd year of life children should not sleep alone, because closeness and the feeling of security are very important for a positive emotional development and the forming of a strong personality.

Chapter 2

Modern Western Medicine

History

In this paragraph, we provide only a rough view about the history of Western Medicine. Its multilayer development will be illustrated on the basis of some examples.

Modern Western Medicine started to develop in the 19th century. Modern nature sciences like chemistry and physics had just been established and also began to influence the methods and results of the biological sciences, such as biology and medicine. Scientific thinking derived from chemistry and physics which slowly prevailed, whereas holistic thinking and philosophical approaches was pushed into the background.

The technical and industrial revolution changed societies. Cities turned into centers of industrial production. These places of production encouraged the migration to the cities, but these urban concentrations were not ready for the masses. Thus, insufficient hygiene lead to epidemics and a new impoverished, exploited social class appeared.
Soon man turned into a production means himself. In the long run only healthy and well educated labors were productive and cost-efficient.

Due to this development a public health care with modern clinics were established. The medical industry facilitated an increasing specialization in many medical fields. Additionally, a social insurance system was founded, including health insurance, accident insurance, old-age insurance, and disability insurance.
At the beginning of the 19th century, therefore, the thinking of natural sciences radically changed medicine.

A modern, natural scientific and empiric physiology started to develop. Physiology is the science of the normal processes of life, especially of the physical functions of the organism. A group of new generation physiologists called themselves the company of organic physics. Their motto was: There are no other forces in the organism but common physical-chemical ones.
Among these was Hermann von Helmholtz (1821-1894). He used to be a Professor of mathematic based physics and physiology. Some of his most important works included the invention of the ophthalmoscope, determining the wavelength of UV light and the performance limit of the light microscope.
Another professor was the Russian physiologist Ivan Petrovich Pavlov (1849-1936), who with his famous dog experiments, proved that every higher nervous activity is an interaction between organism and the external living environment.
Claude Bernard (1813-1878) was another important member of the new science. His physiological experimental work led to the clinical laboratory medicine of the 19th Century.

Furthermore, new concepts and principles of medicine such as the study of bacteria as well as the

science of cellular pathology were introduced. The latter considers disease as a dysfunctional disorder of the normal life processes of the biological cell.
Rudolf Virchow (1821-1902) developed the disease theory of cellular pathology. According to this theory, all disease states of the organism can be traced back to pathological changes of body's cells.
The Frenchman Louis Pasteur (1822-1885) and the German Robert Koch (1843-1910) laid the foundations of the science of bacteria. This science deals with the smallest unicellular micro organisms, their roles as pathogens and the possibility of their controls. Thus, the basis for the understanding of infectious diseases, vaccine development and the doctrine of disinfection was discovered.

The surgical disciplines could take enormous steps through the means of killing micro organisms and its resulting sterility. New anesthetic procedures also added to this. New bone, joint and spine surgery occurred. Special areas such as eye surgery and brain surgery were made possible.
The obstetrician Semmelweis (1818-1865) – also known as the knight of mothers - discovered the causative agent of puerperal fever and therefore laid the foundation of hygiene in gynecology.

The modern science of physics also changed the clinical examination methods in the early 19th Century. The two oldest sound diagnostic examination methods on patients are the percussion and auscultation. With the percussion method, the body surface is tapped. From the different sound qualities the extent and nature of the underlying body parts are gathered. In 1819, the stethoscope was developed. This auxiliary tool enables the physician to auscultate the resulting body noises and sounds of respiration, heart, blood vessels and intestines.

Additional investigation methods were developed, in order to visualize the interior of the human body without causing any injury.
On 8 November 1895, Wilhelm Conrad Roentgen (1845-1923) discovered the X-ray technology, which was established quickly in the medical field. Today, the magnetic resonance imaging, as a method of investigation without radiation, is available. This list of research possibilities of the human body with the help of devices could be extended almost indefinitely.

The modern science of chemistry allowed first systematic quantitative analysis of biological materials. From 1880 there was a rapid development of clinical laboratories. These laboratories facilitated chemical analysis of the sugar, protein and fatty acid metabolism, as well as hormones and vitamins.
Furthermore, clinical chemical routine methods were introduced such as blood uric acid analysis, which were developed with their pioneering work by the American Otto Folin and the Chinese Hsien Wu (1893-1959).

Today, we can hardly imagine modern medicine without extensive laboratory medicine. At this point, it is not fully possible to go into more details.

Chromosome scientific research started off with the works of Thomas Hunt Morgan (1866-1945). Based on his research, the genes could be identified as a holder of parental genetic information. The study of genes and their mutations due to the environment have not been completed until today.

The possibilities of modern chemistry and biochemistry led to a scientific pharmacology. In 1804, morphine could be isolated as a single substance, and in 1935, the first antibiotic, went on sale. It was Sulfonamide Prontosil. The first penicillin in the U.S was available in late 1944.
At the beginning of the 21st Century medicine was explained almost entirely by the nature sciences. The advancement of modern medicine has not yet been completed. The current mainstream medicine aims to be evidence-based, which means it wants to be a proven healing art.

General foundations

At the beginning of the 21st century it is assumed that the following causes of diseases are:

- Genetic diseases are caused by heredity.
- Infectious diseases are caused by bacteria, viruses or fungi.
- External accidents and injuries.
- Chemical or physical harm causes poisoning, ordinary and chemical burns.
- Degenerative diseases are caused by the aging of organs and cells.
- Immune diseases occur when the immune system fights healthy cells.
- Tumor diseases occur when the body's own cells degenerate and grow out of control.
- Iatrogenic diseases are caused by incorrect medical treatments.
- Mental illnesses are considered a disease of the brain caused by emotional trauma, stress and internal factors, such as inherited genetic information.
- Other external factors such as social relationships, stress, poor diet, lack of exercise and environmental conditions lead to social diseases. Also, civilization and lifestyle diseases.

Disease models

In order to explain the origin of different diseases, different disease models can be distinguished.

Medical disease model
Each disease has a specific cause which leads to damage of cells, organs or tissues or to a dysregulation of mechanical or biochemical processes.

Psychosomatic disease model
Emotional conflicts are the cause of physical illness.

Stress management model of disease
Social, psychological and environmental stressors are triggered by physical illnesses.

Risk factor model
There is a connection between certain diseases like heart attacks and lung cancer and certain ways of life typical for modern civilizations. Common risk factors are smoking, excessive alcohol consumption, physical inactivity, obesity, occupational or personal stress.

Socio-economic model
Disease is closely related to social power relations, class-specific risks of disease and social inequality.

Methods of treatment

A variety of treatment methods are available, but only a few examples can be mentioned here:

Various interventions in surgery are possible, such as brain surgery, open heart surgery, organ transplants, plastic surgery, bone surgery and many more.
With cancer, radiation therapy, chemotherapy and other therapies are possible.
With internal medicine therapy, there is the anti-infective therapy in infectious disease, hormone replacement therapy, transfusion therapy, manipulation of organ functions by medical drugs, temporary replacement of organ functions through devices like artificial kidneys or cardiac pacemakers.
With mental illness, psychoanalysis, psycho-trauma therapy and behavioral therapy is applied.

Paediatrics

In the early 19th Century the first children's hospitals were built. At the same time the special medial branch of paediatrics was developed for infant care and to reduce the high infant mortality rate.
Modern child psychiatry had its beginning during the 20th Century. The first professorship in Germany was established in 1954 at the University of Marburg and was recognized as an independent specialist area in 1964.

Healthy nutrition for children

All children and especially young children need their own child-friendly food because there are fundamental differences between the organism of children and adults. This is explained as follows.
It must be emphasized that children are not small adults. Children's organs function differently than those of adults.

A newborn child has a sensitive and fragile organism. All organs such as intestines, liver, kidneys, skin or the entire metabolism have not fully developed.

The intestines of the newborn are sterile at birth. With the first skin contact starting from the mouth, bacteria colonizes the intestinal wall as natural co-habitants. One might say jokingly, people who suffer from minor wind should first take a newborn baby in her arms, in order to share their good bacteria.

For a variety of reasons, newborns often suffer from abdominal pain and wind. A regular gentle abdominal massage and help with defecation is then necessary.

The newborn baby drinks and breathes at the same time. The baby's swallowing is not so well regulated. The baby can easily choke while drinking and swallow a lot of air into the stomach. The proper motion of the gastrointestinal tract is not yet well formed. The colon performs local mixing and forward motions in order to mix and transport the intestinal contents. With newborns this does not work so well. Anatomically, a part of the colon often lies above the stomach filled with a lot of air. Thus, during and after meals parents should help bring up the air from the stomach of their newborns.
To sum up, the flexibility of the entire body of a newborn baby is still immature. The baby cannot turn or move itself yet, to disperse the air and the intestinal contents which is in the gastrointestinal tract. Parents must manually do the motion for the newborn, for example, the so-called "biking with the legs".

The liver has not yet fully reached its potential, especially in the utilization of protein and its detoxification function. Therefore, only a few well-tested medical drugs in neonates are allowed.

The kidney takes a lot more fluid to work properly and to keep the whole fluid balance of the body regulated. The precipitation of salts, acids, drugs and water soluble vitamins is limited. An infant or young child can be poisoned by excessive salt intake or inadequate vitamin supplements.

Histamine intolerance

Previously, this clinical problem has gained little attention in pediatrics. It shows the implications of feeding old food, where Tibetan medicine gives a strong warning against - as mentioned earlier. Histamine is a small biogenic amine which is found in the human body in many cells and mediates many biological reactions.

Too much histamines outside the cell leads to various symptoms such as flushing and itching, abdominal pain, digestive problems with diarrhea or constipation, runny nose, nasal congestion to asthma attacks, headaches, low blood pressure and cardiac arrhythmias.
Since histamine is found in many foods, a meal with histamine-rich foods can trigger the previously mentioned symptoms. There are also foods that inhibit the body's decomposition of histamine and strengthen its release of histamine.

The clinical problem must be differentiated from a food allergy. In a food allergy even small quantities of food cause the disease to break out. Even small traces of peanuts can cause severe symptoms in children with peanut allergies, including facial swelling, respiratory distress and circulatory failure.

The amount of histamine that leads to disease symptoms, however, varies from person to person. Even in the same person, the amount of histamine, which is well tolerated, may vary from day to day. One has to find ones own individual tolerance oneself. In one day, one can eat three strawberries and will not get sick; the next day one gets sick by having eaten just those three strawberries.

Unfortunately, no exact values of histamine levels can be specified in food. Only histamine-rich and histamine-poor foods can be distinguished.

The older the food and the longer time it is stored, the higher histamine concentration will increase in food. The small Histamine molecule has heat and cold stability. It cannot be destroyed through baking, frying, boiling or freezing.

In general, freshly prepared foods contain the lowest level of Histamine.
High histamine levels can be found in ready made meals, canned food, reheated food, aged and fermented foods such as ripened cheese, vinegar, cured meats and yeast baked breads.

In the first four years of life, children are particularly sensitive and therefore should receive low histamine diet. Children who suffer from skin diseases with itching and redness should be fed with in histamine-poor diet even after the symptoms have disappeared. This also applies for children who suffer from headaches, abdominal pain or allergic asthma.

Food list

Suitable low Histamines

Cereal products
Pasta without yeast:
Spelt, corn, rice, oats, rye, millet
Wheat is controversial

Vegetables
Pumpkin, broccoli, zucchini, corn, leeks, cabbage,
Beetroot, radish, onion, pepper, carrot, potato, cucumber

Fresh fruits
Apples, apricots, pears, nectarines, peaches, melon, plum, watermelon, cherries, blueberries, currants

Fresh eggs

Candy
Fruit gums, fruit candy, popcorn

Meat and sausage
Beef, veal, lamb, poultry,
Controversial: roast meat,
Controversial: fresh sausage

Fish, freshly caught
Trout, pollock, hake, red and golden perch, plaice, cod

Dairy products
Milk, cottage cheese, sour cream, cream

Drinks
Water, mineral water, herbal tea

Unsuitable Histamine-rich products

Cereal products
Finished mixes, bread crumbs

Vegetables
Tomatoes, eggplant, avocado, beans, peas, spinach, olives,

Pepperoni, mushrooms, sauerkraut, pickles, canned vegetables, vegetable juices

Fruits
Banana, pineapple, strawberries, kiwi, raspberries, mango, papaya, grapes, plums, rhubarb, canned fruit, dried fruit

All nuts especially almonds

Candy
Chocolate, nougat, marzipan, licorice, fruit bread

Meat and sausage
Pork, offal,
Sausage: especially salami, ham, Cervelat, sausage, smoked sausages

Fish
Herring, mackerel, seafood, sardines
Canned fish, smoked fish

Dairy products
Buttermilk, yogurt, hard and soft cheese

Drinks
Sodas, colas, canned fruit juices

Other Curry, vinegar, honey, glutamate, yeast, yeast extract, jam, mustard, tofu,
Soy products, sunflower seeds,
Flavoring, coloring and preservatives

This list is not intended to be exhaustive.

There are foods that contain too much fresh histamine, such as tomatoes, spinach, strawberries and grapes.
In my practice, I keep seeing small children who suffer from greater skin redness and itching after having consumed these foods.

Optimized mixed diet

From the first year until the school begins, children and young people should enjoy a so-called optimized mixed diet. The optimized mixed diet is based on scientific advice and takes into account optimized energy and nutrient intake in children's diets.

It is also not considered to be a special diet, there are no special foods or products needed.

An optimized mixed diet is defined as plenty of plant foods and beverages, a moderate consumption of animal origin food and little fat- and sugar-rich foods.
It is recommended to enjoy plenty of calorie-free drinks, preferably water or unsweetened tea. Milk is not suitable to quench thirst because of its high energy density. That’s why milk is regarded a complete food.
As a human being consists of about 60% - 70% water, and not of fruit juice or sweet soft drinks, it is important to drink plenty of water.
This is also important for dental health. Teeth are continuously rinsed with sugary or acidic drinks like juices or milk which destroy the enamel. Broken teeth are painful and lead to many diseases.

Children have a high need of fluid intake and should drink regularly throughout the day. The human body does not store liquids.

The recommended daily intake of beverages, preferably water, for young children of 2-3 years age is 700 ml (24 fl oz.), for 4-6 year olds at least 800ml (27 fl oz.), in school children in the age of 7-9 years at least 900 ml (30 fl oz.) and rising to 1400 ml (47 fl oz.) for 15-18 year olds accordingly.
We explicitly warn against so-called energy drinks. These are not only too sweet, they also contain caffeine. Caffeine is dangerous for children. It leads to restlessness and even heart problems.

From the beginning, children should be offered mostly plant-based food such as vegetables, grain and fruits.
Grain products contain high-quality carbohydrates, slowly available glucose and also supply a large part of necessary iron. Iron is essential for the formation of blood cells.

Foods of animal origin such as milk, dairy products, eggs, meat, fish and sausage should be consumed moderately. Nevertheless, milk and diary products are important sources of protein for the child's growth and provide much calcium for good healthy bone formation. Approximately 400 ml of milk per day is sufficient for a school child.

Fats such as butter and vegetable oils should be used sparingly.
Sugar-rich foods such as candy and snack foods are tolerated, but they should not exceed more than 10% of the total amount of energy per day.

This corresponds to about 150 kcal per day for a 4-6 year old. This caloric value is already reached with 200 ml fruit juice drink or 30 g of chocolate.
The proper healthy diet affects all organ functions. The human brain even in sleep mode already uses

a fifth of the total energy of the body. The main energy sources for the brain are carbohydrates, namely sugar.

For the brain to function without stress and in an optimal mode, the available supply of sugar must be on a stable constant level.

In order to reach a stable level of blood glucose, vegetable foods are best suitable. Their sugar is slowly digested and processed and is absorbed evenly into the blood.

Chocolate and other candies are a type of sugar that gets absorbed quickly into the bloodstream and then digested quickly by the body. This leads to a short high, followed by a sharp drop down of the blood glucose level.
Studies have shown that large fluctuations in blood glucose cause disturbances of concentration and even to physical restlessness. Here, the assertion of Tibetan medicine is to confirm that a sweet diet harms the child's organism.

A sweet taste is very popular with most children. Therefore, it is important to practice the correct use of candy in the family. Don’t use sweets as a reward and don’t increase attractiveness of candy by strict prohibitions.

Children should get accustomed to natural taste varieties as soon as possible, preferably to conventional, not artificial, modified foods. With children the right taste can be trained. Rejection of new food in the beginning is normal. An acceptance of initially rejected food can be usually gained by repetitive trials in familiar company and surroundings.

Do not put pressure on the children when it comes to food. Force and pressure will only lead to an increasing rejection of food. Children must learn to decide, themselves, how much they eat while developing a healthy filling diet.

Healthy eating habits can be learned and instilled. The best meals are to be taken in a relaxed atmosphere with the family, where parents and older children serve as role models.

Regular meals are important, for example, three main meals and two snacks a day. Eating behavior in the family plays a crucial role. Fixed eating habits are likely to introduce children to a balanced diet. There should be no distraction during the joint family dinner. A pleasant table talk is enough.

Watching television while eating is a taboo.

Without distraction children eat more consciously and can better perceive the different taste of food. Chewing food well and not eating too fast helps to better feel the saturation point.

A good breakfast with a hot drink before school, taken in a peaceful and relaxing environment, together with the family is an important start for the day. Children should not go to school hungry.

Fast food

Food and beverages from fast food restaurants usually comprising of burgers, fries and sweet soft drinks have an average caloric content of 1350 calories per menu.

A main meal according to the optimized mixed diet has about 550 calories for 10 to 12 year olds. Thus, fast food has more than twice as much energy as conventional food and should not be consumed more than once a week

Education

In the last 30 years of research on early childhood development, from pregnancy through the first three years of life, in different cultures and countries have been carried out throughout the world. The results clearly show that regardless of where the children are born and grow up, the same conditions are necessary for a healthy development.

From the very beginning, a child needs, even as a fetus in the womb, a loving relationship as the foundation for a healthy development. All mental and psychological development stages of children can only succeed well in a stable child parent relationship and of a child to other caregivers.

Just as the body, the psyche of the child also is not ready for the world. One child in relationship to his psyche is not a small adult. The child's psyche does not develop by itself. Social rules are not innate. Everything must be learned gradually during childhood by copying adult's behavior. For an adult that means really exemplifying and teaching the children empathy.

Sensations can be remembered from the very start of life and the basic tools necessary for a person to master his or her life are built up in the first three years.

Through a strong secure bonding to his or her parents on whom the child has learned to rely upon, he or she develops basic trust. From the secure framework of the family, he or she can experience new things and become more independent.

Immediately after birth, the newborn needs physical contact with the mother. Close body contact continues to be important within the first few months of life, but also later.
Being carried in a baby sling or stroller, the baby feels at home with constant visual contact with the parent. If the very young child cannot see the parents, he or she will be confused by the many new and unfamiliar impressions and therefore will feel lonely.

In the first months of life, the baby develops its emotional understanding. The baby has to learn to classify its feelings and get on well with them. For this it needs a trusted and reliable caregiver.
The caregiver must be available quickly, if the baby needs it. It cannot do anything at the beginning because it can not change its situation itself. .
The baby feels safest and very secure in its mother's arms

Infants, who have to wait long for attention, when they cry or get blamed for doing so, will show a negative development of their emotional world.

Babies love to hear the loving voice of their mother and father. If the parents are with the baby, it is recommended to accompany the actions with words. This is not just affection and reassurance, but also lays the foundation for language development.

As soon as the small child moves around actively and explores his or her surroundings, he or she requires safety and care through the eye contact with the parents. Parent facial expression and voice

provide the orientation for right or wrong behavior.

When the child begins to point to objects and name them in his or her own language, it is even important to take the child seriously and to converse with him or her. In that manner, the acquisition of language is promoted naturally.

If the child has experienced a period of time of undivided love and personal attention, he or she can easily occupy him or herself.

Towards the end of their first year, infants can clearly distinguish between known and unknown persons. Many consider people who they do not know as strangers. They cry and scream and clearly demonstrate that they do not want to stay with the stranger.

Parents must pay the greatest attention to this childish behavior. The child's emotional expression may not be suppressed or ignored. Children's needs must be taken seriously and they can quickly return to their parents.

A child must be brought up slowly and carefully in new environments and with new people. The time needed to feel secure and comfortable, varies from child to child and must be respected by adults.

If this does not occur often, then the child feels powerless and helpless. These negative feeling imprints itself in the emotional world of the child and also determine his or her later life.

The basic configuration of a human being coping with life should not consist of powerlessness and helplessness. Therefore, make sure that the settling-in-period of a small child with a child minder or with a day care center is sufficiently long.
The presence of parents is a secure base on which the child can count on, in order to cope with strange people in a strange environment and establish new bonds and relationships.

The period of acclimatization is not complete until the child feels completely safe and accepts the new caregivers.

The typical behavior patterns of young children are to examine, explore, discover and repeat certain procedures.

Through trial and error the child forms him or herself. This individual self-education is something else, as if something is externally mediated to children by the parents and caregivers.
Children develop positive self-esteem, if they independently find out things in a harmonious environment; when they can try out things and can talk about them with experience and recognition.
Thereby, parents further the willingness in later life to acquire knowledge from the outside and actively process it in a positive way. The will to learn of the so-supported children is naturally promoted by this.

An important precondition is a development environment that stimulates all five senses; hearing, sight, touch, taste and smell, which will promote movement.

In a stimulating development environment for infants and young children, television and computers have no place. The children's senses of sight and hearing are massively overwhelmed.
Even for adults, large modern shopping malls, with many people, a flood of sounds, smells and lights are hard to digest.

Simple things that can be found in every household stimulate the imagination and creativity of the child.

At this age, young children should not be bombarded with unnecessary amount of toys which overwhelm their attention and concentration. Always offer just one toy. When this toy gets boring, only then the next one should be offered.

The natural curiosity of every child should be awakened gently by laughing, singing, rejoicing, looking at picture books, telling beautiful stories, contact with other children and child-friendly toys.

A regular schedule with firm structures of eating, sleeping, playing and always the same rituals, like singing and reading before going to sleep provides security and orientation.

In the second year these reliable structures are of particular important significance.
Mental abilities develop in the young child. He or she develops awareness of self, including saying no and saying “I”.
He or she explores his or her operational scope and challenges parents by testing out boundaries in relation to the parents. This phase of the normal behavior of young children requires consistent control of the parents. Parents need to provide guidance and support, and at the same time support the autonomy of the child - the so-called freedom within secure borders.
Respecting meaningful rules is a learning process that takes time and consistency.

Every child that comes into this world whether girl or boy is unique. He or she needs his or her own individual time to mature. Parents should not constantly compare their child with other children. A continuous comparison of better or worse, leads to internal pressure and harms the developing self-confidence.

Parents and caregivers best support the development of children with praise and appreciation. The strengths of every child, should be kept in focus. If a child feels loved and accepted, he or she will overcome his or her weaknesses.

In order to meet the beautiful and magnificent task of parenting to let children be happy and well fostered, mothers and fathers must also pay attention to themselves. Only when parents are happy as a couple, and only if they can rely on each other, can they provide good shared parenting.

Important

Due to the gentle care of mother and father, who initially protect the young infant from

experiencing too many sensations, and with a lot of body contact and sensitive satisfaction of his or her basic needs, he or she develops a stable and secure bonding behavior.

The individual uniqueness and the different speed of development steps should be taken into account by adults.

A stimulating child-oriented developmental environment evokes the natural curiosity of children and encourages movement. This environment plus orientation within safe borders is the foundation for further personal development throughout the child's life.

Primary feelings and experiences leave deep traces in the child's brain, and influences the child throughout his or her life.

Chapter 3

Pregnancy

A new family comes into being

A partnership becomes a family when children are conceived and born.

Pregnancy according to Tibetan Medicine

According to Tibetan medicine, a new human being develops when the following conditions come together and connect: the healthy ovum of the mother, the healthy sperm of the father, a consciousness continuum in the intermediate state and five elementary processes.

The pregnancy is divided into three periods.

1st – 3rd month of pregnancy

The first three months of pregnancy are in particular a sensitive period. During this time the mother can easily lose her child. Green tea and cold food should not be consumed at this time because it may lead to a miscarriage.
The expectant mother is easily exhausted and prone to vomiting. During this time she should not lift heavy objects, run or move quickly. It is best to avoid any physical exertion and it is not recommended to do any exercise.

Most pregnant women tend to suffer from headaches and dizziness. Therefore, certain food rules are important to follow during this period.

The pregnant woman should not consume the following foods: cold, raw or old food. This also includes ready made meals, warmed up food, (especially reheated meat which is unhealthy), and all seafood.

She should give up drinking green tea and special tea for weight loss or detoxification.

In traditional Tibetan medicine, expectant mothers get special herbal pills to strengthen themselves and to further a good development of the embryo.

4th - 6th month of pregnancy

Nausea and heartburn are common during this period of pregnancy and require no special treatment.

But it is worthwhile to consider certain food rules in case of heartburn: Pregnant women should not eat anything acidic, such as lemons, limes, pickled and anything sweet, no candy,
cakes, chocolates, etc.

7th – 9th month of pregnancy

The last three months of pregnancy are more comfortable for the mother because she can eat anything when hungry. Doing exercise is good now and walking regularly is recommended.

Specific diseases during pregnancy

If women suffer from cold sicknesses before pregnancy, it usually leads to severe problems with water retention, high blood pressure and kidney problems. This can occur after 6 months of pregnancy.
Then the health of the mother deteriorates enormously and the healthy development of the child will be affected. In this case the mother will have to face a very difficult birth. This condition can be effectively treated with special Tibetan
herbal medicines.

There is one food rule that should be followed during the whole pregnancy: Do not consume potatoes and pork.

In late pregnancy, so-called wind diseases can occur. The expectant mother feels very weak and the child does not continue to develop well. There may eventually be a problematic birth. If the mother is treated with special Tibetan herbal medicines at the right time, an easier birth will follow.

Chapter 4

Infancy

The view of Tibetan Medicine

In Tibet, birth usually takes place at home. The overall circumstances and particularly the hygiene are poor.
In contrast the external circumstances of a birth in the West are much better in most cases. Babies are delivered in hygienic clinics and when difficulties occur, experienced doctors are ready to quickly provide assistance.

In Tibet, when there are problems in childbirth, often serious consequences for mother and child with fatal outcomes occur. This is because hospitals and doctors are too far away and difficult to reach.

Nevertheless, the mental attitude at birth in Tibet is often better. From childhood on Tibetan mothers have a positive mind training– which is cultural - so they are less anxious, more relaxed and more patient.

In the long run, it would be best to bring together good internal environments and good external circumstances. Western modernity and the ancient Tibetan culture should learn from each other for their own mutual benefits.

After a successful birth mother and newborn stay together. This is very important for an intense mother-child relationship. A loving and patience interaction with the child is crucial to his or her growing. Intense affection and a sense of security, which the child receives from the mother, are of great importance for the child's emotional development.

From the very beginning, the mother talks lovingly to the infant. He or she knows the voice of the mother from the womb and is already used
to it.

The rhythm of her heart beat is familiar to the child. Therefore, Tibetan medicine puts special emphasize on the infant sleeping in the mother’s bed. For the infant, sleeping alone is considered to be a very bad developmental condition.

During the first months of life the child is completely helpless. He or she cannot do anything on his or her own. In order to feel safe in his or her sleep, close physical contact with the mother is required.
If necessary, the mother can quickly and intuitively calm the very young child down. This enables the mother to to sleep more relaxed and calmer. Then she does not have to get up when the child cries in order to calm it.

The mind of the infant is not yet imprinted by experiences, but he or she is open in all directions. The infant makes his or her first experiences the parents. It goes without saying that positive imprints are

preferred to be internalized.

Breastfeeding

It cannot be stressed enough how important breastfeeding is for the newborn. Breast milk is not only the ideal food for the baby but also a source of loving energy. Through the mother, the baby experiences the feeling of security with all
its senses.

Breastfeeding also leads to healthy benefits for mother and child. For the child many diseases are prevented and the solid bones will develop well. The mother will be protected against breast cancer.

In the first week it is normal that breastfeeding and milk ejection is painful. Breast milk changes in the very first week. Breast milk passes through three stages of development: the first 2 days the milk resembles water. During the next 2 days it resembles lymph or pus and from the 5th-7th day it turns into milk.
It is very important, especially for the immune system of the baby that he or she receives all stages of milk during the first week of life.
In the second week, breastfeeding is not painful any more for the mother. In Tibet, it is recommended to breastfeed until the 8th month of life.

Bedding

In Tibet there is great emphasis on the correct bedding of the newborn and young infant, so that the sensitive nervous system, the language and all the sensory organs can develop well.

The baby's muscles are weak, the nervous system and the channels are not developed yet. Deliberate movements are not yet possible. The head is large and heavy and cannot be held by the baby him or herself. If one does not hold the baby's head with caution, permanent damage of the nervous system, senses and language can be caused. The head and body must always be held
very carefully.

A stable and straight bedding of the head and body is reached by the following means: The head is placed on a pillow with central cavity. The special pillows are first filled with sesame seeds and later with peas. The body is wrapped adjacently so that the arms and legs are straight. In this stable, supine position head and spine are straight. The babies get used to a straight posture and a well-formed back of the head develops. This kind of bedding has the advantage that no one-sided slant posture of the head and body will occur.

Young infants do not sense wrapped bedding as unpleasant. On the contrary, they are accustomed to tightness from the womb. When they connected to themselves, they are calmer and happier.

In Tibet, no one would even think of having infants sleeping on their stomachs as there is high risk of suffocation and death.

From the 5th month on infants should not be wrapped any more. Their muscles are now strong enough and their nervous system is sufficiently developed to sit on their own. In the meantime, they have become accustomed to the stable supine position and stay there even when they are free. They do not turn into the dangerous prone position during their sleep.

Infant clothes should always be very soft because the baby's skin is very soft, sensitive and can be damaged by rough clothing. Best suitable are natural products for the body. Clothes made of plastic are not suitable.

Breast-milk substitutes

If the mother does not have enough milk an infant milk substitute from Dri-milk (yak milk with high fat content) is always freshly prepared.
In the 1st month of life, Dri-milk is diluted with water and boiled for 20 minutes.

From the 2nd to the 4th month about 3.5 oz Dri-milk, 3.5 oz water and a small amount of Zampa (about a small teaspoon of roasted barley) is cooked for 20 minutes.

From the 5th to the 8th month about 3.5 oz Dri-milk and 1.75 oz of water with a small amount of Zampa (a heaped teaspoon of roasted barley) is cooked for 20 minutes.

Outside Tibet Dri-milk is not available. The best substitute is cow milk. Goat milk or other dairy products are not suitable.

The cows and the Tibetan yaks are both big strong animals which are generally peaceful. The energy passed through their milk with all its nutrients is similar. The cows should be kept in good conditions for the sake of the wellbeing of
the children.

Zampa, roasted barley, has many advantages. According to the Tibetan science of nutrition, barley is not sweet, not spicy and not acidic. Unlike other grains it is very balanced. A diet with barley leads to a smooth bowel.
In New York, many Tibetan mothers come to me with their babies suffering from abdominal pain and skin problems. In most cases the mothers have insufficient breast milk and therefore feed their babies industrially produced milk. The main problem of the industrially produced infant milk is that it contains too much sugar. Thus, babies develop certain problems which do not exist in Tibet. As soon as the mothers produce infant milk made from fresh cow's milk, water and roasted barley the problems in the infants recede.

From the view of the Tibetan science of nutrition, sugar for children has many disadvantages.

Especially the development of the infant brain and the bone is affected negatively.
According to Tibetan astrology, we live in an age by which element 'heat' predominates. For this reason, sugar is poorly tolerated.

Supplementary food

In Tibet infants receive their first solid foods at the 8th month of life. This food is made of Dri-milk, Zampa and some yogurt. Later cooked vegetables and soup are also added.

In New York, Tibetan mothers feed their babies industrially produced food which is ready-made meals that the mother has to only heat up. Often abdominal pain, problems with bowel movements, itching and rashes are caused. These problems caused by industrially produced food are not known in Tibet. These problems end quickly when mothers start cooking fresh baby food again.

Mostly babies start developing teeth around the 8th month of life. To ease the eruption of the teeth through the gums, the children in Tibet get a small piece of well-cooked yak meat to chew on. It must have the right size so that the children will not swallow it. The meat juice which is formed and swallowed during chewing is good for the muscles and tendons.

In contrast, the plastic teething rings which are offered in the West have no healthy benefits. The pacifiers which are given for calming down are OK during the first year. Afterwards, the use should be gently stopped as they impede the development of language.

Important

Both loving and patient interaction, loving speech of the mother with the infant is important for the first mental imprint. The baby should not
sleep alone.

Breastfeeding is not only an optimal nutrition but also a positive energy source.

The correct and stable positioning in the supine position is important so that the sensitive and soft baby body, especially the big head, is not damaged.

Home-cooked fresh baby food can be used best for the child's energy system.

The view of Western Medicine

Birth usually takes place in well-equipped hospitals or birth centers. Only rarely do mothers prefer a home birth. Usually the mother and the newborn survive birth and stay together afterwards.

The unborn child receives impressions from the outside environment. The heartbeat of the mother and the voice of the parents are the first contacts.

After birth, the newborn is in a completely unknown environment. Sounds, smells and new body sensations are also unknown. He or she experiences the first day and night.
A direct skin-to-skin contact with the mother is of great importance so that the baby will not feel lonely after birth. Then a stable, emotional mother-child bond will develop.

To convey warmth and loving care, a lot of body contact and the familiar voice of the parents are important for the helpless newborn who can do nothing on his or her own.

Words are not yet understood but the caring and loving tone of the parents provides safety for the baby. He or she responds with a happy facial expression and gesture.

It is important that small babies are protected from too many sensations at the beginning of their life.

The everyday activities, such as feeding, wrapping, bathing, dressing and undressing should be made possible in a calm, relaxed and steady flow. At this time the signals of the infant should be considered, so that the baby gets the opportunity to assist the efforts of the parents and experiences joy by doing so.

Play and cuddle times should be included in one’s daily routine schedule so that all of one’s attention is given to one’s child. Children rely on these times on a daily basis. A defined framework of care

and security promotes reliably good overall development for one's child.

Babies love to watch familiar human faces. Turn towards your child and look directly into the eyes, so that you mirror your child's emotions and feelings. Due to this mirroring the infant learns joy, self-confidence and reassurance. When the baby looks away, he or she needs a break in order to process the experience.

In the first months of life the emotional understanding is developed. This is done through an available, reliable and trusted caregiver.

The child perceives the behavior and actions of his caregiver with all the five senses. The latter is supposed to response sensitively to the needs of
the child.

An infant can not change his situation by him or herself. When he or she whines or cries, he or she promptly needs a familiar caregiver who provides safety and a feeling of security. It is very important that an infant feels as much security as possible because the experienced feelings leave traces in the brain.

The stored emotions affect the entire future life: How the child will feel as adolescent and as an adult later in life.

This is confirmed in the modern brain research. A good childhood leads to other biological processes in the brain and to a different brain structure than a bad childhood.

Bedding

To prevent the sudden infant death syndrome it is highly recommended that infants are not bedded on their stomach throughout the first year. Sleeping on the stomach is possible only under constant surveillance. For example, if one puts infants on their own bellies to calm and cuddle them.

In Germany there also are special pillows for storing the sensitive infant head with a central cavity called swaddle bags. With these young babies can be very easily be wrapped in a
straight posture.

Parents who let their babies sleep consistently tell me that their children feel very pleased with this type of bedding. It appears to be easy for their infants to quickly calm down and sleep well.
When the babies can move intentionally on their own, which mostly happens to be between the 4th and 5 month of life they do not need this
support any more.

My own observations in practice show:
Infants who regularly sleep in swaddle bags and with special infant pillows show a good motor development and the growing infant head shows a nice even shape.

Breastfeeding

Breastfeeding is best for mother and child because breastfeeding is the best and most natural form of diet.

The composition of breast milk is ideally suited to the child's needs. It provides all the essential nutrients for growth and healthy development for the baby. Protein, fats, salts and sugars of the breast milk are included in a perfect ratio. The protein in breast milk is low in allergens, so that the development of a healthy gut flora is ensured.

Furthermore breastfeeding reduces the risk of allergies, obesity, and otitis media. The immature immune system of the baby is well supported by the mother's milk. Breast milk also reduces the risk of diarrhea. However, when diarrhea occurs, the mother can fully continue breastfeeding.

Breastfeeding is not only food but it also promotes the emotional bond between mother and child.

Breastfeeding also has a positive effect on the health of the mother. The involution of the uterus is promoted and it can help to reduce risk for breast and ovarian cancer.

Finally, breast milk is hygienic and has the right temperature. It is almost always available and does not cost anything. In general, contamination of breast milk with pollutants is negligible.

Immediately after birth, skin contact between mother and her newborn child should be made possible. The first usage of the mother's breast happens when the baby is hungry which normally takes place 1-2 hours after birth.
The frequency of breastfeeding depends on the needs of the infant. In the first weeks of life there are mostly 10-12 feedings within 24 hours in order to sufficiently supply the child and to stimulate milk production.

Sometimes the infant must be awakened to breastfeed. This is needed in sucking weakness, insufficient weight gain or neonatal jaundice.

If possible the mother should exclusively breastfeed the infant at least until the beginning of the 5th months - or even better until the 8th month. If this is not possible partial breastfeeding is also very valuable. After having started with feeding supplementary foods, the mother should continue to breastfeed the infants.

As breastfeeding is a learning process for both mother and child, it is important to create good conditions for breastfeeding after birth. Therefore a sensitive instruction is required to avoid difficulties. In Germany this is preferably done by an experienced midwife. She is best capable to reduce mother's insecurities and anxieties at the beginning.

Early skin contact between mother and child in a pleasant and quiet atmosphere promotes mother-

infant bonding. Breastfeeding is the best prevention for over-stimulated „screaming babies“.

It is not a disaster, if breastfeeding is not possible or if mothers can only partially breastfeed the infant or if mother dont want breastfeeding. Fortunately industrially produced baby food is available or the baby food can be home made.
Not in any way mothers should put pressure on themselves or feel guilty.

The most important is a good relaxed emotional bond between mother and child. Any kind of stress should be avoided. Especially caring family members must take this in account. No mother can be forced to breastfeed.

Proper diet for breastfeeding mothers

The diet of breastfeeding mothers should be diverse, balanced and regular. In addition plenty of regular drinking is important. Therefore it is recommended to drink a large glass of water with each feeding.

The value of lactation teas and milk-promoting food is not proven yet.
It is recommended to eat fatty fish, such as herring, mackerel or salmon once a week. Tuna and swordfish are not recommended because these predatory fish contain increased levels of pollution.

For the love of your child sake abstain from alcohol and smoking. Alcohol and nicotine pass into breast milk. It is a misconception that alcohol stimulates milk production. Nicotine even reduces the amount of milk.
Alcohol and nicotine are cytotoxins. They damage the entire body of the infant.

When the newborn suffers from severe bloating, it's worth it if the breastfeeding mother to refrain from cabbage, legumes, chocolate, biscuits and other very sugary foods as much as possible. When the child suffer from a sore butt or skin problems, it may be helpful to give up spicy foods, tomatoes and sour fruits.

Industrial baby food

Nowadays industrially produced baby food is available in most countries. Its ingredients must be adjusted to the mother's milk.
In Germany, the so-called “PreFood” is best adjusted breast milk. This food can be given at birth and throughout the first year of life. It can also be fed on demand.

The later switch to various well-satiating extension dairy baby food or special infant milk is not necessary. Though, if you want to do this, the earliest start should at the same time with supplementary foods.

The healthy effect of probiotics in infant food is currently not proven. There are still conflicting scientific results.

Allergy risks

If parents or siblings suffer from allergies, it is recommended to feed hypoallergenic infant food at least until the beginning of the 5th month of life.
However, the advantages must not be overestimated. Allergies can only be prevented in 10% of all cases.
It is very important that baby food is always freshly prepared before the meal. Throw non-used baby food into the garbage and do not to warm it up for the next meal.
The main hygienic risk is the growth of bacteria which cause disease.
Therefore, freshly prepared milk must not be kept for too long. Dispose milk food residues and do not heat it up again.
This is the crucial point. Boiling out and sterilizing bottles and teats expect teats made from rubber is less important.

Supplementary food

Choosing when is ready for supplementary, depends on his or her individual motor skills and mental development.

When he or she is interested in eating a new food and he or she can eat from a spoon. The time period extends from the beginning of the 5th until 8 month of life.
The supplementary foods should be introduced carefully. One infant cereal per month is usually enough.

Cooking for oneself or ready meals

In Germany a definite recommendation for self cooking or industrial supplementary food products is not given in pediatrics.
They are considered as equivalent alternatives. Both of them lead to a good supply of nutrients with protein, fats, carbohydrates, vitamins and micronutrients.

For various reasons I personally recommend parents to prepare meals for themselves. Usually this food is better tolerated for the child. Besides it is cheaper and parents know for sure what's inside.

If you do not want abstain from ready meals, please carefully select your products. It might be useful to consider the following criteria:
A recipe should contain only a few ingredients with very little sugar or other sweeteners. Sugars lead to tooth decay and infants develop a habit for sweet taste too early.

Salt and flavors are also not desired. It is extremely important that a meal is free from flavor ingredients such as spices, nuts, chocolate or cocoa.

By no means, parents may use honey during the first year of life. Honey can cause a life-threatening disease.
The food must not contain small hard constituents so that the baby is less likely to choke.

Until the 4th year it is extremely dangerous to feed peanuts, pistachios, sunflower seeds or something similar because younger children cannot chew and easily swallow hard parts like adults. When a little hard part gets swallowed through the trachea into the bronchi it may lead to dyspnea and must be removed under anesthesia.

Infants have a very sensitive and distinct taste. Once they have gotten accustomed to something, it is very difficult to adapt to something new. The food industry is only interested in sales rather than in a genuine healthy diet even if it is prescribed. Early customer loyalty seems to be
more significant.

Except for milk-cereal porridge no milk or dairy products should be added. The increased protein intake unnecessarily stresses the baby's liver and kidneys.
It is not advisable to feed drinking cereals or drinking meals.
Note that the meat content in industrial produced infant cereals is generally very low.

Homemade supplementary food

1. Infant cereal: vegetables-meat-potato-puree
2. Infant cereal: milk-cereal-puree
3. Infant cereal: cereal-fruit-puree

In the preparation of home-made baby foods it is important that you do not use salt, spices or flavours, and offer no further milk product containing snacks, such as cottage cheese, yogurt or milk pudding.

1. Infant cereal: vegetables-meat-potato-puree

The vegetable-potato-meat puree is a good source of iron, zinc, iodine, vitamins, essential fatty acids and amino acids.

Suitable vegetables are pumpkin, zucchini, broccoli and fennel. Carrot is not suitable for every baby, as many babies suffer from severe abdominal pain and constipation

Not every baby likes to eat potatoes. Rice is often better accepted and tolerated. There are brown rice flakes, which can be prepared easily.

Suitable meats are free-range beef and lamb. Pork and turkey is often contaminated with medicines. In addition, some oil or butter.

Vegetable-meat-potato-puree: 1 serving about 0.5 lb.
Ingredients
0.18 lb of vegetables: either broccoli or pumpkin or fennel or zucchini
0.04 lb rice or rice flakes
0.07 lb meat: beef or lamb
1 teaspoon butter or canola oil
3.5 oz of water
Preparation
Wash the vegetables and cut them into small pieces. Then stew it in a pot of boiling water until soft.
The meat is also cooked in some water until it is soft.
Rice in 3.5 oz water and cook about 20 minutes.
Mix the rice together with the vegetables, the meat and the butter in a high vessel and puree with an immersion blender.
To prevent big pieces strain through a fine sieve.

Variation: Vegetable-cereal-puree

Since a vegetable-meat-infant cereal is not necessary every day, alternative food should be given such as vegetable-cereal-puree.

From the pediatric point of view, a mere vegetarian infant diet is not recommended. A mere plant diet does not fulfil the needs for a growing child because of the lack of essential amino acids.
The essential amino acids, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, valine and arginine are important.

Vegetable-cereal-puree: 1 serving about 0.5 lb
Ingredients
0.05 lb cereals: either barley, corn, millet, oats or brown rice
3.5 oz of water
0.22 lb of vegetables: either zucchini, broccoli, pumpkin or fennel
1 teaspoon butter or canola oil
Preparation
Cook cereal in 3.5 oz of water for 20-30 minutes.
Wash vegetable, peel and cut into small pieces.
Then stew in water until soft. Add the cereal, the soft vegetables and butter or oil in a tall container and puree with a hand blender.

2. Infant cereal: milk-cereal-puree

The milk-cereal-puree provides minerals and B vitamins.

Here in infant milk or diluted cow's milk cereals are cooked. Instead of cereal flakes you can also use millet flakes, oatmeal or corn. Do not use any multi-grain flakes. For an infant these are very difficult to digest. If a puree accepted by the infants, a change of cereal flakes is not necessary.

Milk-cereal-puree: 1 serving about 0.5 lb
Ingredients
3.5 oz of cow's milk
3.5 oz of water
0.05 lb cereals: either barley, corn, millet or oats
Preparation
Cook cereal flakes in boiling water about 10 minutes. Then add cow's milk and cook for another 20 minutes.

3.Infant cereal: cereal-fruit-puree

The cereal-fruit-puree is made from cooked cereal flakes and pureed fruit. As fruits apricot, pear or mild apple are recommended. Watch out what kind fruits are best tolerated by family. If a certain kind of fruit is poorly tolerated in the family, it should not be fed from the very beginning.

Cereal-fruit-puree: 1 serving about 0.5 lb
Ingredients
0.25 lb fruit: mild apple, pear or apricot
3.5 oz of water
0.2-0.4 lb of cereal: either barley flakes, rice flakes, millet flakes or oatmeal.
Preparation
Wash fruit, peel, cut into small pieces and stew in a little water until soft. Then puree into a fruit pie.
Cook cereal flakes in 3.5 oz of water for 20 minutes.
Mix cereal porridge and fruit puree cool and let it cool down.

Supplementary drinks

Only after the 3rd month the baby needs extra fluids preferably from a mug or a cup. In special situations this may be the case even earlier, e.g. when the outdoor temperature in summer is very high, during fever, vomiting or diarrhea.

The most suitable way is to use boiled tap water. Alternatively unsweetened herbal or fruit teas may be used, too.

By no means should fruit juice be offered because they interfere with dental health and overwhelm the gut. The transport capacity of the intestine for fructose (which means its absorption rate) is quickly exceeded. The remaining fruit sugar in the intestine leads to fermentation processes with bloating and

abdominal pain.

Eating with the family

Between the 10th -12th month eating with the family can be gradually introduced.
Here again, the individual development of the infant is important to consider: How well can the baby chew and to what extent he or she is interested in the family's meal.

Now, the milk meal is for breakfast. At this time whole milk can slowly be introduced.
The vegetable-potato-meat infant cereal becomes lunch.
The milk-cereal infant cereal becomes dinner.
The grain-fruit infant cereal is turned into 2 snacks.

Important

A stable, emotional mother-child bond develops through early physical contact right after birth.

A caring and loving tone, regular play and cuddle times are important in the daily schedule to provide safety and security.

A sensitive handling of the baby ensures the development of a good emotional understanding. The feelings experienced leave impressions in the brain that are important throughout the whole life. This is supported by modern brain research.

The stable supine position prevents the sudden death syndrome.

Breastfeeding is best for mother and child

Supplementary food is easy to cook yourself. You know exactly what the ingredients are and it is cheaper.

Chapter 5

From toddler to school age

Parental education from the Tibetan point

of view

The consciousness of a child at birth is not imprinted yet. It is open to all directions. The first teachers of the child are the parents. Parents influence the child's mind through education and a living model of behavior in the family, in a positive or negative direction.
The conditioning of the child's mind is roughly possible until the age of 15. From the 15th year onward young people develop their own ideas about themselves and their future lives.

Without education and guidance, children are disoriented and only consistent practice via a habituation process can lead to the desired behavior. There is nothing that could not be learned through habituation.

The time required varies from child to child until the desired behavior takes place. For a child with good character, only a little practice time is necessary. Where as for a child with a bad character a long and persistent practice is required to form good character traits.

If anyone thinks children need no education and would develop on their own, one fails to recognize the reality. Children do not know by themselves what is right and what is wrong.

Good parents are skillful in their children's education. They always care about their children without making them feel restricted or controlled. They always know where their children are and what they are doing. Nevertheless, parents should leave enough freedom for their children to try out and to get to know new things. However, they selectively and sensitively interfere when their children are threatened or when they intend to harm others.

Good parents use their responsibilities in the education of their children skillfully. They do not correct and do not control too much and too little. The middle way is the best.

As each child has a different character, parents must find an individualized parenting style for each of their children.

Some children are calm and quite from birth; other children are restless and unbalanced. Some have a strong urge to move even if they have a good spirit. Others are fearful or have low self-esteem. Here is when the model and the skills of the parents are required.

Children, even siblings can be very different. With some, one has to engage more and provide orientation and with other children less. Even if children have a bad character at birth, this can be changed to the better with a good education. It is very important that education is conducted with responsibility and care, instead of them finding their way without orientation.

Children are not stupid, even small kids notice the adult motivation with which they are treated. If parents with their educational responsibility act from a place of love and patience, they can influence even difficult children positively.
It is important not to force a child to take on a specific behavior or to beat the child. Instead, a child can be influenced positively with friendly speech. If one acts skillfully the child's behavior will change over time. Carefully select your child's playmates. Relaxed and friendly playmates can be helpful role models for the future.

Take advantage of the fact that children imitate their parents' behavior and the behavior of other children.
Children with great restlessness or children who concentrate poorly should be brought repeatedly into contact with quiet children. Then their behavior will be imitated over time.

Parental behavior must be particularly calm and patient with difficult children, even if this is sometimes hard. Parents should keep in mind that massive pressure, coercion or punishment does not lead to success in the long run. On the contrary, undesirable behavior is only suppressed or reinforced. Negative parenting never takes away bad behavior.

As mentioned earlier, the first and most important teachers are the parents. This applies especially to the mother because in a natural way the child has developed a very close relationship with her in the womb.

Every child loves his or her parents and trusts them. Parents should exercise great responsibility to educate their children and give them loving and caring instructions.

Until the age of 4, an intimate, harmonious parent-child contact is crucial for the healthy development of the child's consciousness. The whole future life is imprinted by it.

In Tibet there is a great harmony and intimate cohesion within the family. The adult members feel great responsibility towards their children. They teach the law of karma from the very beginning.

Karma means action. A good action leads to positive effect which one experiences oneself. Where as, bad action leads to negative results which one will also experience.

The mother as the first teacher teaches the child to walk and to talk and she continues by teaching the law of karma - what is good and what is bad -.

She explains to the child that to steal leads to poverty, to quarrel attracts diseases and killing should be avoided under any circumstance because this action leads to a short life with many diseases.

No action's effect will be lost and because Tibetans believe in reincarnation and ongoing life, the effects of an action may also be experienced in a life to come. Thus, a good education of your children not only influences this life, but also the next.

Now, many Tibetans live in New York and I'm observing that the family ties and education of the

children are affected adversely.
Seeing all the extensive and diverse material comforts entraps most people and they want to possess the same. But happiness in life is not solely dependent on material possessions. Money is not everything in life. A stable, positive mental attitude is more important. Otherwise, one cannot relax and enjoy great wealth and use it in a positive way.

Young children are put into child care centers too early. Since consciousness is not stabilized and sufficiently developed, most of them are afflicted with the strange and unfamiliar circumstances and unknown people. Even if the caregivers make every effort, they cannot replace the natural mother-child or parent-child intimacy.

Parents have the responsibility not only for the emotional and social behavior of their children but also for their learning skills. From early on, parents should teach their children that learning is important and something to enjoy. When children learn with enjoyment, it is easier for them to get a good school education.

The parents and later the teachers have the greatest impact on the children. Their behavior rubs off on the children. Adults must be aware of this responsibility and address this commitment. Good instructions leave imprints on children and lead them in a good direction. Until the age of 15, this is quite possible and then they develop their own ideas.

From the age of five, teachers add their influence from the outside. Usually children go to kindergarten and then to school. Because children trust the teachers and the educators, they also have a great responsibility for the positive development of children. They are obliged to meet the children with a positive motivation and give them good instructions and support.

One must not underestimate what great influence educators have on children's development. Their mental attitude plus the environment massively rub off on children.

Though this is very important, Kindergartens and schools must not only give knowledge. Equally important is the teaching of ethical values and the learning of how to reach harmony within human society. Good education and ethical conduct must be taught to children in school in a manner that is suitable for the child. The children should feel comfortable and enjoy learning.

Only well educated children can take responsibility for themselves as adults and in society later in their lives.

Proper diet

According to the Tibetan science of nutrition, it is important to avoid any sweet foods for the child's organism, especially at the age of kindergarten and later.

A sweet diet has many disadvantages as it promotes many diseases. Most importantly, the

development of the brain is affected and intelligence will not be strongly formed.
A strong intelligence is necessary for effective learning in school and later in further education.

Remarks by Western Medicine

With the optimized mixed diet, Western medicine also recommends that for children it is also not good to eat too much candy.
In regard to the high calorie content of sugar and the severe problems in the West, the number of overweight children strongly increases.

In my practice, I often experience parents telling me that their children are very aggressive and restless when they eat candy as a snack. My advice is to reduce the amount of candy and offer it as dessert after a main meal. This will be instantly successful and children will be much calmer and more able to concentrate.

As an explanation the following correlation is possible:
The Brain metabolism is dependent on a stable blood sugar level. A high blood sugar level is in contrast not tolerated because a high blood sugar level is toxic.
After a snack with high sugar content like candy or sweet lemonade, the blood sugar level increases dramatically. The brain cells cannot tolerate the high sugar levels. The blood sugar level must again be turned down to a normal level. Many different hormones are released one after another, including stress hormones which lead to restlessness and aggression in sensitive children.

Even from the evolutionary perspective, humans are not used to having so much sugar being instantly available.

Important

The baby's mind at birth is open to all directions. A parent, as the first teacher of the child, holds the responsibility to imprint it with love.
Children are born with different characters but also bad characters can be retrained through habituation, to good deeds and to good character.

Teachers and educators later hold the responsibility to convey not only knowledge, but also to educate children towards good character through good and helpful instructions.

The perspective of Western Medicine

Developmental stages of a child's psyche

The physical development of a child takes place in several stages, such as grab, twist, crawl and walk. This is easy to follow from the outside and therefore easily understood by adults.
Likewise, the development of a child's psyche takes place in several stages of development. These are not always so easy to comprehend by many adults because they are not so obvious from the outside.

However, it is beneficial, if parents and teachers know about the processes of internal psychological development in order to adapt their own behavior with the mental maturity of children.

The child's psyche does not develop by itself. For an optimal maturing it needs an age-appropriate orientation, boundaries and loving support from parents or other related caregivers. The child-friendly development of the psyche must be passed at all stages. Adults should not contribute to faulty development of the child's psyche due to incorrect or inadequate instructions.

In educating, adults have to be aware of what a child`s mentally is able to handle and when he or she is overwhelmed. In this case, the child should learn mental functions which enables him or her a meaningful and happy life in society.

The rules that govern the living together in societies may vary from society to society. But one basic order can still be found for all. The adult members of a society should be independent, capable of relationships and work. Their emotional maturity should also comprise sufficient frustration tolerance. This means, they can control their feelings and reactions when they experience negative or adverse conditions.

There is no life without difficulties and problems. Therefore, it is important to have learned many effective strategies to appropriately and constructively solve difficulties and problems.

From birth until approximately two years of age, instant gratification plays a crucial role. The very young child needs a direct caregiver, usually the mother, who quickly meets the basic needs for physical closeness, security, love, hunger and thirst.
In excitement or discomfort he or she cannot calm himself or herself. Calming down must be done promptly by the caregivers. Self-calming and the ability to wait is only slowly learned through good and close contact with parents whose behavior the child gradually adapts.

In my pediatric practice, I again and again experience parents of babies and toddlers using their modern mobile phones, on which they present their films or music videos. However, children are not calmed down with mobile phones. Their attention is distracted as their immature brain is completely overwhelmed. The regular use of mobile phones to allegedly calm children down shows that something in the relationship between parent and child is completely malfunctioned. The children will be concentrated on the phone rather than on the parents and will not respond or communicate with them.

This is not a child-friendly way. Little children should learn to calm down through good contact with their parents. They need to learn that they can rely on them in difficult situations, e.g. during a visit to the pediatrician. When parents stay calm and relaxed, children will be affected by it. Children can handle easier unpleasant procedures such as vaccinations or the drawing of blood when parents provide positive support.

Very young children do not have concept of time. Even the day-night rhythm must be learned through habituation and repetition of a regular daily schedule. They cannot protect themselves from danger. The parents must conscientiously take care of this.

During the age of 2 or 3 the so-called terrible twos occur. Infants learn that they have choice. They learn that they can choose for themselves and determine whether someone from the outside has power over them.
The infant wants to have his or her own way in regard to adults. He or she does everything to get the adults satisfying his or her needs. Three-year-olds feel like the kings of the world.
This normal childhood developmental phase should not be confused with a strong personality. It is not a conscious act of will but an expression of his or her immature childish psyche that the infant knows only his or her own needs. The child cannot respond appropriately to other people in the outside world. The development of personality starts later.
Nevertheless, the normal terrible twos must be passed by every infant and exceeded. He or she needs to learn: “ I do not live alone and I am in relationship with others. I must be able to follow the demands of others.”
Only if the child takes this developmental step, he or she will be able to have close friends and later will be ready for school.
If a child does not pass this important developmental step and remains stuck in this early development phase, he or she will always have difficulties in dealing with other people and will not be able to cope in everyday life. This can occur because parents have wrongly reinforced this immature childish behavior.

In the period of four to five, the child discovers, “I am what I imagine” and builds up a fantasy world. If by then, children have learned to follow demands and to understand needs and feelings of others, they can make friends. It is possible for them to play with other children in groups and follow rules. They are now learning to protect themselves from danger and even begin to understand the concept of time.

Depending on individual support, environmental conditions and genetics, the personality development starts to take place between the age of 8 and 9. Here too, it is important for proper development of the

child's personality when adult caregivers set a good structure of rules which provides orientation for the child.
Discussions about what is good and what is bad can now begin as the child's brain structure is now advanced enough.

If one discusses the rules with younger children, they get overwhelmed. Their juvenile brain has not yet developed the necessary complex interconnection structures. Younger children do not know what adults want. Simple child-oriented language instruction and active demonstration of the desired behavior is understood and learned by the child through imitation.

Positive mental functions are only slowly formed during life. This does not happen automatically or without the influence of the environment. Very young children need the adult counterpart as an individual boundary “I am not alone in this world”. Later, the adult functions as a role model. Older children recognize their mental qualities and learn to imitate them by repeated imitation.

It is extremely important in the educational process that the parents and caregivers act unambiguously, constant and loving. Ever-changing reactions lead to uncertainty and confuse the children. This means that adults should unambiguously reflect the behavior of the children. If children behave positively, parents are happy and if children behave negatively, parents should admonish and correct the undesired behavior. Words and the tone of voice also show joy or disapproval.

Modern brain research

Modern brain research explores the relationships between mental and biological contexts. Scientific evidence proves that a happy or unhappy childhood leads to detectable differences in brain metabolism, endocrine system and formation of brain tissue.

If a baby or toddler experiences love and pleasant physical affection, his or her innate need for bonding is met in an optimal way. This is the pre-condition later in life to have a good internal stress management.

If a baby or toddler receives no love and only little physical affection, he or she learns neglect or abuse, especially during the sensitive period of early childhood. This kind of stress leads to negative consequences for the entire future life.

A happy childhood with a stable, good and secure relationship with parents and other caregivers, releases the production of endorphins also called happiness hormones, such as oxytocin. The level of stress hormones such as glucocorticoids is kept low. One can say in a simplified way that the brain is programmed to happiness.
Even if one has good genes that protect one from stress, they must be switched on through love and affection. A good genetic predisposition alone is useless.

This constant positive training of mental functions should at least last until the age of eight, so that a balanced state will be stable during adulthood.

In adulthood, it is then stable against physical and mental stress. One can evaluate difficult situations easier and look for alternative solutions. One has learned to control situations because one has developed a stable equilibrium of certain hormones in the brain.

Once one has experienced neglect and abuse in childhood, a stable balance of these hormones cannot be built in the brain and the stress hormones are predominant.
The more negative experiences in childhood, the more the hormone system manifests and there is even an unfavorable alteration of brain tissue. Then any kind of stress cannot be properly evaluated and monitored. As a result, even small problems make one feel helpless and powerless.
An unhappy childhood leads to physical and mental stress and insufficient coping strategies. Then learned helplessness can manifest. Thus, as an adult, a high risk for serious physical and mental illness will occur.

School

School begins!
An exciting new phase of life for your child begins. A new environment and new caregivers, new classmates and new friends are awaiting him or her.

To make a good start from the very beginning, it is important that you make your child feel that you love him or her no matter what happens and no matter how successful your child is in school.

Love is a gift; you do not need to earn it.

In a positive relaxed family atmosphere children are the fittest. Do not make your child insecure by showing that you would be disappointed with a poor performance. Absolute trust between child and parent is essential for a good school career, which every child can master only with healthy self-confidence.

Your child should know when he or she needs help, he or she should always be able to trust the parent’s reliability, no matter if a good solution can be found for the recent problem.
In this stage of development every child is eager to learn new things.

Excessive performance expectations generate high pressure for the child and destroy the natural joy of learning as well as causing unnecessary mental blockages.

Parents should have a genuine interest in promoting individual talents and needs of their children. In contrast, they should not impose their own parental wishes on the children. Children should have the chance to develop their unique personality while not serving as a projection for their parents' ideas.

In today's fast-paced and hectic world, it is crucial that school children from early on learn to relax and set breaks to recover.
Those who make proper breaks can study and work longer at high levels.
Those who do not take breaks can also study and work longer but on a much lower level.

Structured learning and meaningful breaks can be learned and practiced. Learning how to learn is

itself a learning process.
Children should always do their homework in the same workspace. It should be a quiet place and without distractions. Good concentration is only possible in a quiet and pleasant environment.
Learning phases of about 20 minutes are recommended with a 10 minute rest in between. Do not let them study for too long so that your child can again concentrate well for the next 20 minutes.
Constant high concentration for hours is not possible - not for an adult and especially not for a child.

First, make the child start with the easy homework, the school subject the child likes. He or she has then the opportunity to experience success and is thus positively motivated to work on the disliked subjects. Success promotes the willingness to learn.

Learning needs to be fun and joyful. Children naturally like to learn by themselves. They are curious and want to understand the world.
The child's natural curiosity should be guided and encouraged by teachers with kindness and structure. Too much rigor and discipline stifles and suppresses the willingness to learn. Too little structure and guidance leads to confusion and chaos.

Playful learning is best at the beginning of the school life. If teachers love their students and are competent in their job, children will notice and will then love to learn for the teacher.

Creativity and inventiveness must be in every way promoted in the school so that children will be able to develop creative ideas as an adult and invent new things for themselves. Memorization only of knowledge alone does not help. Inventiveness and the acquisition of creative problem solving strategies take time and should be practiced right from the beginning.

Some children are afraid of change and new things and therefore are shyer. They need to be encouraged and strengthened, in order not to be afraid of change and to try out new things. Over time, successful experiences promote growth and these children will take more action. They should get the feeling that each individual is important. Everyone can do something and everyone is needed.

Make sure that school kids have enough regular sleep. The children's brain processes the learning experiences of the day very intensively during deep sleep phases. Primary school children should go to bed between 8 to 9 p.m. Sleeping until the early morning hours, approximately to 3 a.m., is used for regeneration and the release of growth hormones. It is also of special importance for the functioning of the immune system.

During puberty, the sleeping pattern is shifted by
one hour later.

A lack of sleep for a long period time leads to poor concentration in school children. The child’s mind suffers and the child gets nervous and aggressive.

Sports

A lot of physical activity and sport is conducive not only for physical development but also for a

good spiritual development.
Sport strengthens the body. A straight posture has good effects on concentration and mental capacity.
The brain development is enhanced because motion provides better cerebral blood flow. The nerve cells in the brain can also interconnect better.
Movement not only improves the gross motor skills, it also supports the fine motor skills. Good fine motor skills are important for good and fluid writing.
Particularly for the children with a great urge to move, sports and exercise provide compensation after having sat still all day in school.
Doing sports in a group also furthers the development of social skills. Children learn to comply with the rules of the group. They learn to happily share success and bear the failures. All this contributes to strengthen the self-confidence.

Children, who do not like to move, should be taught the joy of sport activities. These children should, themselves, be able to choose a sport which they would enjoy. As soon as they have chosen a particular sport, they should practice it regularly for at least a year.
Here, parents are required to meet their responsibilities. Do not give in when your children do not want to exercise. Stay with your demand with kindness and patience.
Nevertheless, children must not be turned into robots but should learn the pleasant side of physical activity through clear leadership and control by the parents.

Modern media

Modern media such as computers with internet access, mobile phones and television are an indispensable part of our world.
The correct and safe handling must therefore be learned by children and practiced under the supervision of parents.

Infants until the age of three should not get involved with these medias. Otherwise, their development will be influenced negatively. The children develop strongly on visual stimuli. For them everything is new and they are influenced by everything they see.

The high-speed, multi-faceted and complex stimuli emanating from the modern media massively overwhelm your child's brain. Children’s brains slowly begin to get structured. The formation of the complex structures of the human brain and its metabolism is adversely affected and hindered by the speed of image sequences in the visual media.
Infants who watch a lot of television at this age can be easily recognized. They show a permanent restlessness and cannot concentrate on anything, even momentarily. Besides, they are overwhelmed by the simplest requests.

If the parents allow their kids to watch TV from the age of 3, they have to consider the following: Everything they see, they think it is real. They cannot distinguish between reality and television.
What they see on television are real facts for them. Children's programs have to be chosen very carefully by the parents and children should never watch TV alone without them. Only then can the parents prevent overwhelming input for their children. Take in mind that watching TV does not relax children. On the contrary, the level of arousal in the brain is significantly increased.

Even with older children and adolescents it is recommended to give and discuss certain time limits for television and computers. Monitor their compliance and talk with the children about the content that they have watched. Stay informed about your children's media consumption. A television or a computer should not be placed in a children's room.

It is best to share watching television and computer programs with the family so that the parents can show the proper use of the media.
The parent acts as a role model for children: The use of television and computers is controlled by the parent. The parent controls the media. The media do not control the parent.
Computer addiction among young people has increased dramatically. By proper behavior within the family, parents can prevent this undesirable development.

Excessive TV and computer use in combination with a lack of exercise and too little regular sleep inhibits good mental and physical development. The ability to concentrate which is so important for a successful education and vocational training is decreased.

Puberty

During puberty, the adolescent learns to take responsibility for him or herself and for others. Who I am, how I want to be and how do I imagine my future life are the questions.

It is a transition period. One is not yet fully adult and develops gradually, physical and mental adult ability.
Due to sexual hormones, which are now being released, the body develops into a woman or a man.

The brain of the adolescent is being fully rebuilt and restructured – his or her thinking changes.
This enormous change process makes many teenagers feel insecure in the West. Parents should accompany them in supportive way and teach them that this change is a normal process that every person must undergo through life.
When teens and parents mutually trust each other, it is easier for parents to exert good influence during this stressful time.

For young people, especially young men, tend to exaggerate their actions. They feel like adults, but are not yet. The right balance in action is something that has to be learned. The individual discernment is formed through rigorous training.
When is an action still OK, or when does the exaggeration or turning to the negative begin?

While learning this balancing act, young people need a lot of support. It belongs to their personal development now to recognize their own strengths and to stand for themselves with self-esteem. This includes being aware of one's own mistakes and taking the necessary steps without despair.

During puberty, more and more young people, especially girls, tend to cultivate a wrong body image. Girls alarmingly loose weight and develop serious eating disorders, when animated by too thin, often anorexic models who present a false ideal of beauty in the media and fashion world. With some girl

groups, a real peer pressure to lose weight starts to develop.

Anorexia is a dangerous disease that people can die of.

Stay in touch with your growing children and talk to them equally. Sincerely express your care for their problems, so that you can detect false developments as soon as possible.

Do not only give them well-intentioned advice as this can appear to teenagers as an insult. Young people must have the feeling that their ideas and opinions are important and that they are taken into account.

Ask yourself if you really know what your children are doing. What do they think and how do they feel?

Important

Always make sure that children have a good breakfast, snack and lunch. An empty stomach makes bad learning. Drink enough throughout the day, preferably water.

A child needs plenty of exercise prior and between classes in order to develop well and to be able to concentrate.

Structured learning with meaningful breaks. Learning how to learn is itself a learning process.
Freedom to try out new things, not only rigid memorizing.

Support creative independent thinking. The world will not fall apart if a child does something wrong. He or she will experience his or her own possibilities and limitations. The rise of problem solving strategies is stimulated.

Little television and other media, not before the age of three and no more than 30 minutes a day. A TV

does not fit in a children's room. Watching TV does not relax children. On the contrary, it destroys a good brain development.

Modern brain research shows how a loving upbringing affects children in a long-term positive way. It leads to happy, healthy adults, with secure attachment and resilience to stress.